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PINKHAM'S

BOOK

UPON

AILMENTS PECULIAR TO
WOMEN

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PUBLISHED BY

E. Pinkham Medicine Co.

Massachusetts, U. S. A.

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LYDIA E. PINKHAM'S

PRIVATE TEXT-BOOK

UPON

**AILMENTS PECULIAR TO
WOMEN**

PUBLISHED BY

The Lydia E. Pinkham Medicine Co.

Lynn, Massachusetts, U. S. A.

CAUTION TO THE OWNER

This little book treats of delicate subjects, and has been sent to you only by request. It is not intended for indiscriminate reading, but for your own private information.

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CHAPTER I

FOR WOMEN ONLY!

Some things can be best and most freely spoken of only by woman to woman. This little book is intended to give helpful private counsel about some of these things. Let the reader imagine herself to be seated in some cosy nook for a confidential chat about them with a friendly woman whom she trusts.

Women have joys of their own which men either do not have or have in less degree. Of the former, the chief joy is the joy of motherhood. Fatherhood means much, but motherhood implies an infinitely more intimate and tender relation having entirely distinct elements. Home means more to woman than to man. Woman is naturally the home-builder and home-keeper, whilst man's work is generally outside of the home. The domestic and family affections are, if not stronger, certainly more exclusive and absorbing in women than in men—they are woman's very life, whilst much of man's life is independent of them.

Woman, too, finds a peculiar happiness in retaining childhood's trust and feeling of dependence for protection upon a stronger nature; man's instinct, on

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the contrary, gives him joy in battling for himself and for others.

Turning now to the darker side of life, we find that the same is true with regard to pain and suffering. Woman has pains and sufferings different from those of man. Some are of the mind — others of the body. Passing by the mental sufferings, let us consider the physical ones.

Consider that very joy of motherhood. At what a cost of physical suffering it is purchased every mother knows—man can only guess. The nervous system of woman, intimately connected with her power to become a mother, is peculiarly delicate; and, when disordered, it brings pains which man, formed for rougher work than is woman, does not feel. Then, "like sweet bells jangled, out of tune and harsh," it produces terrible discords, a woe that is purely feminine.

When the head throbs and the back aches, when the wretched sufferer becomes wild with hysterics, and every fancied ailment seems real to her; when she is now weeping and wailing, now laughing mirthlessly and uncontrollably; when, again, she becomes melancholic, a prey to sad forebodings without cause then man may look on with wonder, but hardly with comprehension.

When the organs peculiar to woman are displaced or disordered, and pangs shoot through her like winged, piercing arrows or darting needle-points, man may study of all this in books, or question the sufferer as to the indescribable pain, but all must still

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remain to him a world of woe ever unknown and mysterious.

Women must be Helped by Women. So it is to other women that such sufferers naturally turn for sympathy and help. The husband may be of all the world nearest and dearest to the wife, but he is little more than a helpless spectator of this distress—some womanly neighbor or friend must supply the comfort and advice which he cannot. The father may have shielded and loved his daughter from her birth, been ever her chosen adviser, jolly comrade and dearest friend, but in troubles of this kind he seems to her almost a stranger, and it is to the mother that she turns for help.

It is only reluctantly, and as a last resort, that a woman carries these troubles to any man, even the medical man from whom alone she can secure the knowledge and skill which must be had. She must do so at the expense of her natural inclination, of her innate delicacy and reserve; and, as it were, under protest.

Medical Skill Seldom Needed. Fortunately, it is seldom necessary for a woman, if she know where best she may look for help from a sister woman, to consult medical men in these troubles. In rare cases, of course, nothing will avail save the surgeon's skill, but almost always there is more certain help to be had from a woman than any medical man knows how to provide.

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One woman, Mrs. Lydia E. Pinkham, was often called to help her neighbors and friends who suffered from the diseases and ailments of women. It was only the friendly unpaid service given freely to those who naturally turned for help to the first woman whom they could trust, but she delighted in rendering it, and gave the subject much careful thought and study.

So, after a time, she learned to select the most potent roots and herbs, and to steep and compound from them a simple medicine, but one which almost always relieved and cured even when physicians failed. Nothing else would do the good which this medicine did. She gave it away freely, and more and more its fame was spread by grateful women. It became plain that it was needed throughout the world, and that it would be wrong not to have the knowledge of so great a blessing spread far and wide.

All this was about fifty years ago. Then Lydia E. Pinkham began to make this, her Vegetable Compound, in large quantities and put it upon the market; and from the proceeds of its sales to spend large sums in making its virtues known by judicious advertising. Wherever it was once tried, it became its own best advertisement, for the great work which it did for ailing women was seen and told; and others, suffering from like ailments, flocked to the stores to buy.

At first it was prepared upon a kitchen stove, but rapidly one place after another was outgrown by it until a great laboratory was needed, and rose, story

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above story, towards the sky, with enormous tanks in which millions and millions of bottles of the great medicine were carefully compounded and made ready for use.

Nor was this all. Just as Lydia E. Pinkham, when she gave her medicine to neighbors who used to come to her for help, was wont to add her sympathy and advice, to tell them how best to use her medicine, and how to care for their health, so that they might the most quickly become well, so she tried to give the same help to the great multitudes of women who afterwards bought the compound, very few of whom she could meet face to face.

Lydia E. Pinkham made it known that all who would write her in confidence she would answer fully and without charge. Letters began to pour in. Each letter was carefully considered, and as carefully answered—a great task. But she kept careful notes of her answers. In those rare cases involving some knotty point which she could not answer as she wished, she consulted a good physician and kept notes of what he said. Thus, after a while, she had met almost every possible case of women's ailments, and when new letters came she seldom found much to do except to look back for a like case and answer from the notes which she had preserved.

This lightened the work, but it rapidly became too great for any one person to deal with alone. From

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**Lydia E.
Pinkham's
Assistants.**

hundreds the letters grew to thousands, then to tens of thousands until there came a year in which to the great laboratory came more than one hundred thousand of these letters. To deal with this mass of correspondence Lydia E. Pinkham first called for the help of the women of her own family. Then she employed other women as secretaries to write for her, and at her dictation, the answers. Gradually she trained suitable women to classify the cases presented, and to select from the storehouse of knowledge in her notes the fit answer. Mainly from this storehouse letters are still answered, as wisely and as fully as ever they have been.

**Advice
Proved
Good.**

That the answers are wise and helpful, and that Lydia E. Pinkham's Vegetable Compound is effective, is shown by the letters of the many, very many, who wrote when desperately ill and despondent; and who, after taking the advice given in reply, have thankfully testified in their final letters that they had become well. Many consented that their letters be made public, and the advertisements came to be often little more than statements of what the medicine does, proved by the letters of those whom it had cured.

In this booklet will be found much of the information and advice that Lydia E. Pinkham used to give to those who wrote her when suffering from the most frequent ailments of women.

CHAPTER II

CHILDREN AND CHILDREN'S CHILDREN

Woman is designed by Providence to be a mother.

Women Though this design may fail in
Intended to some individual cases, it is to this
be Mothers. end that woman is endowed with all
that makes her woman. So it is
natural that the wife hopes to have
a family of children to grow up around her, and that,
at last, she may see her children's children in turn
around her. Should our women not become mothers
our country would disappear, and America fade into
the past as have Greece and Rome.

The mothers must be strong, they must be healthy
or their children will be weaklings, and future genera-
tions fail to equal those of the past. The existence
and the character of all future generations is de-
pendent upon the mothers, especially upon the health
of the mothers and their physical fitness for mother-
hood. We must never forget that "the hand that
rocks the cradle rules the world."

Early Train- Few good things come by chance,
ing for Future but many evils. The untilled
Mothers. ground bears weeds, not harvests.
So our girls must be so reared and
trained that they may be fit to be-
come good mothers. The school-girls of today will

be the mothers of tomorrow. It is the solemn duty of their own mothers to see that they are fitted for this, to carefully watch the unfolding and development of the womanly nature, and train it as the gardener trains his vines in order that they may bear the best fruit.

Ignorance often leads to ill-health, and sometimes to permanent invalidism. The young girl needs to be told about her own nature, and how to care for her body and keep it in health, to be preserved from violating the laws of health through ignorance of them. Her mother can best do this, and should do it tactfully, delicately, but plainly.

That is a false modesty which restrains the mother from doing this. It is the prude who neglects it because she shrinks from touching at all upon this immensely important subject, leaving the girl to pass unseeing and unknowing amidst a thousand perils, perils certainly to her health, possibly perils to her morals. Remember, it is God who formed woman for motherhood, and "what God has cleansed, call not thou common or unclean."

Women Wish Children.	Some may answer that women do not wish to become mothers. Whether they actually become so or not, they still have that physical mother-nature of woman, and they must know how to preserve this in health, or else suffer grievously. But the charge that women do not wish to become mothers is one of the greatest of many gross and unfair libels which women have had to en-
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ture in silence. They are the few and unnatural who would not prefer this normal privilege of womankind.

Many whose ill-health debarred them from motherhood have written to Mrs. Pinkham begging to know how this impediment might be removed; and many of these have afterwards been enabled to rejoice over healthy children. Few have sought to know how they might live the life of the childless wife, and for those few Lydia E. Pinkham has had no message.

There are those whom fate has denied not merely children, but husband and home. These must submit to their lot with resignation if they can, perhaps, at last, with contentment, but it is not a destiny which a true woman would choose for herself. Thank God! the glory of motherhood which found its culmination in the Madonna will never depart, for it is founded deep in woman's nature.

CHAPTER III

ONCE A MONTH

Neither the very young nor the old are capable of becoming mothers. The time of life during which woman has this great privilege is that when she ought naturally to be most vigorous, and in the best physical condition. This lasts some thirty or thirty-five years, beginning in temperate climates like this of the United States at about the age of fourteen years.

The first few years of this time should be years of preparation and development; the body is still immature and marriage and motherhood are best deferred until at least the age of eighteen or twenty. So, too, the last years of this time are not the best ones in which a woman may become a mother; in these years the capacity for maternity is apt to be gradually withdrawn, a process known as the "Change of Life."

Periodic Cleansing. This entire time of possible motherhood carries with it special functions of the body appropriate to such a time. Minute ova or eggs are formed, which when fertilized may develop and produce children. Rich blood should be formed in especial abundance, so that it may be ready not only to feed all the organs and structures of the body, but also to develop the child that is to be.

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When the eggs are not fertilized, neither they nor the blood destined for the child's development are needed. They are expelled like other waste. This should occur once every four weeks, leaving a new supply to be formed. This process of cleansing is called menstruation, and is a very important process indeed.

Disturbances of This Function. In perfect health menstruation would begin at about the age of fourteen years, continue for from three to five days, and recur regularly once in every twenty-eight days, or very nearly that time, until the age of forty-five or a little later. Being a natural process, it should be painless. The amount of blood lost at each time would be just equal to the surplus produced, leaving the woman in the best condition. That amount varies in different individuals, averaging from four to eight ounces.

But this healthy beginning, continuance and end of the menstrual function, as this process is called, is subject to derangement in all sorts of ways. The function may be delayed beyond the proper age, and even fail altogether of appearance. The flow may be too little or too infrequent, or continue for too short a time. These are cases of deficient flow. On the contrary, it may begin at too early an age, may be too great in amount, too frequent, or too long continued. These are cases of excessive flow. Again, the intervals between its occurrence may be so irregular as to be sometimes too long and at other times too short.

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Hardly any woman is so thoroughly healthy and strong that the process is not attended by at least some discomfort, but this discomfort should not amount to actual pain. Still, few altogether escape pain at these times, and with many the pain is intense. The greatest risk of these evils is to young girls, when the function is first becoming established, and to women at the "Change of Life," whom it is beginning to leave. Another possibility is that the function may cease several years before it should.

When the girl begins to develop into a woman, ignorance, neglect, or mischance may cause many things to interfere with the process. One of the worst is a sudden chill or a bad cold.

**Perils in
Establishment
of the
Function.** Others are over-work, exposure, late hours, carelessness in lifting heavy articles, and too much study or care at the critical time. A girl may lack vitality and require nourishment

and building up, and for want of this have no menstrual flow or an insufficient one. Others who are robust and full-blooded may have had the flow checked or prevented by some of the causes just named, and become abnormally fat and sluggish, from the clogging of the system with superfluous material.

**On the
Threshold of
Womanhood.** There is no time in the life of a girl that brings so much positive danger as the period of her first menstruation. It is then that she needs all the advice and care a good mother can bestow. The moments that the girl is

then passing through are so critical and may have such far-reaching effects upon her future happiness and health, that it is almost criminal for a mother or guardian to withhold counsel and advice. Many a woman has suffered years of prolonged pain and misery through having been the victim of thoughtlessness or ignorance on the part of those who should have guided her through the dangers and difficulties that beset this period.

The mother of any girl who is passing through this monthly disturbance should be very careful to guard her in every possible way. **A Few Simple Rules.** Knowing the difficulties and dangers of the period, and the manner in which the human frame is liable to be attacked by all kinds of minor ills, from a feeling of depression and lassitude, to headaches, want of spirit, and utter fatigue, every care should be exercised that the sufferer be entirely free from any annoyance or irritating influence.

Everything possible should be done to throw to the winds all those dark forebodings which may come upon the brightest of girls at this period. Be agreeable and cheerful in their company, expect little from them, but be prepared to render much.

It is most important that every care should be taken to prevent the patient from taking cold. This does not imply that an indoor life is to be led during this period. Rather should activity be aimed at so long as it is not of a violent nature.

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A sudden chill is most dangerous when one is in a menstrual condition, and every care must be exercised to guard against it.

Intense mental excitement should be avoided. The extremes of merriment or anger, laborious study, or brain activity of any kind, are alike matters which may cause great injury.

Women Who Work. Women who must earn their living by sheer hard work have cause to always dread the period of menstruation. Nature cries out for them to rest, to lie down, to refrain from all exertion and excitement. The wheels of industry grind steadily on, allowing no respite or freedom.

In workshops, at the loom, or in close and stuffy factories, women have to suffer untold tortures during the few days when they are at their worst.

When it is fully borne in mind the positive hardships young women have to endure, it hardly seems possible that they can pass through this stage of misery and pain without permanent injury being done, not only to their physical health, but to their mental outlook upon life.

The Sales-woman. Take, for instance, the case of the saleswoman who for long hours has to stand behind a counter, with ever a smile upon her face, no matter how great her suffering, with many a disagreeable customer to serve. This is not only a hardship, but to be obliged to be on one's feet constantly without relief is an actual danger to health.

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Employers should do all in their power to lighten the burden of their workers at such times. Yet the task has its difficulties. The average woman with true modesty refrains from making her troubles known, where often a kind heart would be only too ready to relieve her of many of her burdens.

All women should prepare themselves for the trials that will overtake them by preparing their bodies to meet the strain that menstruation brings. Lydia E. Pinkham's Vegetable Compound acts in just the way that is necessary. It strengthens the generative organs, and allows them to perform their functions with ease and regularity. By its aid the regularly recurring periods can be faced with confidence, and overcome with ease.

In all cases where there is reason to fear that anything is wrong with regard to this process of menstruation, no precaution is more valuable than the prompt use of Lydia E. Pinkham's Vegetable Compound. This medicine is designed to meet every variety of derangement of the function. It contains nothing that can injure, and has great power to tone up and strengthen the organs concerned, so that they will work in a healthy and normal manner.

Slight disturbing influences, which, if unchecked, might bring about a serious condition, can readily be overcome by a few doses of this medicine taken in season. Even when the condition has become serious, a persistent and faithful use of the medicine,

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with the observance of proper rules of health, will seldom fail.

Deficient Flow. In cases of deficient menstruation, the best form in which to take the Vegetable Compound is the liquid, as furnished in bottles. In such cases care should be taken that the other processes by which the body rids itself of waste material should be in full and free operation. The skin should be kept active by frequent baths, and sometimes it is well to cause profuse sweating. This may be done by active exercise, by placing the feet in hot water, by taking hot drinks and wrapping up closely in warm blankets, and in other ways. After sweating, a cool sponging and friction with a rough towel will protect from the danger of a cold or sudden chill.

The bowels should be thoroughly cleared daily. If there is any difficulty in securing this, Lydia E. Pinkham's Liver Pills may be taken. One of the best things is to take injections of very warm water (most effective if it be a little soapy) by means of a fountain syringe, taking a quart or more at a time if possible. Drink plenty of pure water; if tea is used, it should be weak.

Excessive Flow. When menstruation is excessive, a somewhat similar course should be pursued; some exercise should be taken in the open air and sunshine, avoiding violent exercise and over-work. The Vegetable Compound should be taken in the dry form. In this form the medicinal elements are the same as

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in the liquid form, but the dry form is better adapted to these cases. (Generally it is best to take Lydia E. Pinkham's Blood Medicine also.)

Irregular Menstruation. When the function is not performed at the right time the case is not like that of a watch which is set to go too fast or too slow and needs only to have the rate of speed changed, since a watch can be run just as perfectly at one rate as another; the case is more like that of a watch which becomes clogged and needs cleaning, and may gain time constantly, or may lose time constantly; but there is a third possibility, and that is that it may sometimes gain and sometimes lose.

So there are cases of irregularity of menstruation when at times it may be too frequent and profuse, then a reaction comes wherein the reverse occurs, with, again, a reaction causing excessive action.

Persistent use of Lydia E. Pinkham's Vegetable Compound will almost always remove the disturbing causes and regulate the time. The fluid form of the Compound is the one usually preferred; but if, in spite of variations, there is, on the whole, too much flow in the space of several months, it may be well to consider the general effect of the disturbance of the function as excessive action, and treat it like other such cases by the use of the Compound in dry form.

Painful Menstruation. As has been said above, menstruation ought not to be attended by pain. When considerable pain is experienced, it is because the body generally (or, more probably, some portion of the

organs of reproduction) is not in a thoroughly healthy and normal condition. There are five principal kinds of disturbances attended with such pain—the neuralgic, due to disorder of the nerves; the congestive, due to local congestion; the obstructive, due to something which obstructs the passage; membranous, where portions of the lining membrane come away; and ovarian, which has its source in the ovaries where the eggs or germs originate.

It is not always easy or even possible to determine in any given case by which one or more of these disturbances the pain is caused, but they are often clearly distinguishable.

Neuralgic. Neuralgic pain of this kind is from general rather than local causes.

It resembles neuralgia in other portions of the body, and arises from similar causes, such as excessive mental application, exposure to cold and damp, rheumatism, or anything which produces weakness and lack of tone in the nervous system. The pain may be sharp and fixed, or piercing and darting; usually it is confined to the region of the reproductive organs, but sometimes it may extend down one thigh or up into one of the shoulders, or be felt over the entire abdomen. It begins several hours before the flow; sometimes it disappears when the flow begins, but sometimes it continues, though usually with less severity.

Congestive. Congestive or inflammatory disturbances seem to come from some local derangement. They may be caused by exposure to wet and cold at menstrual

periods; by displacements of the womb; morbid growths or tumors in the womb, or chronic inflammation in that region. The pain is severe, continues as long as the flow lasts, and is generally attended by fever, a rapid and full pulse, headache, nausea, constipation and nervous irritability.

Obstructive. Obstructive difficulties come from something which mechanically impedes the flow. It may be an undue contraction in some part of the organs, a small polypus or morbid growth, or a bend or displacement of the womb. These cause the blood to accumulate and distend the womb till a violent contraction produces paroxysms of severe pain until the blood is at last expelled, usually in a thick, clotted form.

Membranous. Membranous troubles are not frequent, and their causes are obscure. In such cases the membrane which lines the womb comes away, either in a single piece or in shreds. This is supposed to result from inflammation with extreme congestion and irritation, and is sometimes, but not always, connected with ulceration or other diseased conditions of the womb. Pain from this cause, and sometimes from obstructive causes, somewhat resembles that of childbirth, on account of the contractions caused in the violent expulsion of much material at once. The pain in membranous cases is of an expulsive character, setting in as soon as the menstrual flow begins, and increasing in severity until there is dilation sufficient to

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allow the mass to pass, which it usually does on the second or third day.

Ovarian. Ovarian pain comes from a chronic inflammation of the ovaries, the ripening and expulsion of the egg from an inflamed organ being painful. In this form there is a dull ache in the whole region extending down the thighs; this is felt several days before the flow begins, and is often accompanied by sympathetic pains in the breasts, and by nausea and vomiting; the ovaries themselves become enlarged and tender.

Treatment. The treatment for all these forms is very similar. When any special cause can be found by observation of the symptoms and conditions, ordinary hygienic treatment should be given to remove it; but in all cases the derangement of the generative organs can be best overcome by use of Lydia E. Pinkham's Vegetable Compound, which tones up and strengthens these parts. The Compound should be taken faithfully and regularly all the month; the bowels should be kept open as before explained and the skin kept active by frequent baths. When the menstrual flow appears, if the pain is great it can be much relieved by a hot hip bath just before retiring to bed; by hot foot baths, and by the application to the abdomen of flannel cloths wrung out of hot water.

**Change
of Life.**

Though menstruation generally ceases to occur at an age somewhere between forty-five and fifty years, it may come to an end at a much earlier age, and sometimes it may continue until the age of fifty-five.

This change is generally marked by some irregularity and by disturbances of health which are sometimes very serious. The process differs very much with various individuals. With some women menstruation stops abruptly and does not return; with others there is a period of irregularity more or less prolonged; with others still there may be a gradual decrease extending over a term of years and ending in the complete cessation of the function.

Many strange deviations from regularity occur as the change approaches; at times the discharge will be scanty, at others profuse; a catarrhal discharge may take its place for a time, and then menstruation become again regular. Then there will be no flow for months, followed by profuse and excessive flowing. When menstruation ceases gradually, there is less disturbance to the nervous system and constitution than where there is great irregularity. At the cessation of menstruation the mission of the ovaries and womb is finished, and childbearing becomes impossible.

In addition to the menstrual irregularities attending this change, there is often melancholy, great depression, nervousness, irritability, headache, dizziness, a sense of fulness or suffocation, constipation;

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the appetite is variable, the digestion is disturbed, and the heart palpitates. The most severe effects are frequently produced by a disturbance of the nervous system known as "heat flushes"—waves of heat appearing to pass over the body, causing the face to be very red, and producing headache and dizziness.

As the time for the change approaches, the general health should be watched carefully, for if this period of life be passed over safely, many years of perfect health may be enjoyed. Lydia E. Pinkham's Vegetable Compound is a great tonic, acting directly upon the womb and ovaries; it builds up the nervous system, aids digestion, and strengthens the whole body. It can be relied upon to carry you safely through this most critical period of a woman's life. If there is a tendency to excessive flow, the dry form of Compound should be taken. Keep the bowels open with Lydia E. Pinkham's Liver Pills, rest from physical labors as far as possible, and be out in the open air and sunshine all you can.

CHAPTER IV

PREGNANCY

The wife who is disappointed in her hope for children should not readily despair.

Sterility. There are, occasionally, cases of malformation which make motherhood impossible, but these are rare, like the birth of children with a limb or organ missing. Fortunately, such monstrosities are but seldom produced, and incurable barrenness is an extremely rare condition.

There are, of course, a great many women who cannot have children, but almost always this is due to removable causes. It might be an extremely unfortunate thing both for mother and child, if children could be born from women having abnormal conditions of body which now prevent such a result. First

Treatment. let the woman get into a healthy and normal condition, and then, when she is fit to have children, there is little fear of barrenness. Some of the conditions, which disappoint the hope of children are displacement of the womb, constriction of the tubes leading from the ovaries, local catarrhal conditions, obstructed menstruation, and abnormal growths or tumors. Any one who understands the process of reproduction can see how many of these things obstruct it and need to be removed. It is explained in differ-

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ent parts of this work how Lydia E. Pinkham's Vegetable Compound acts as a cure for these evils.

This medicine also has a general effect to strengthen and tone up the entire reproductive system, so that it may work in every respect effectually as Nature intends. If anything whatever is wrong with any of the organs of reproduction, preparation for pregnancy should be made by a course of treatment with this invaluable medicine.

Indications of Pregnancy. During pregnancy there is usually no menstruation, and this is generally the first and most striking indication of a pregnant condition.

Then nausea and vomiting in the morning are apt to occur, the rings of color around the nipples grow darker, and the breasts may become swollen and painful. If the woman is not in the best physical condition, there is likely to be pain in the lower part of the back, also a morbid longing for unusual articles of food, and a disposition toward fanciful ideas. These symptoms vary much according to the individual and her circumstances, depending largely upon her physical condition, the care she gives her health (the condition of the bowels being especially important), her habits, and the amount of exercise taken.

Morning Sickness. Soon after conception the womb drops to a lower position in the body, and gradually increases in size and weight, this becoming evident usually during the second and third months. At the fourth month it rises again into the abdominal

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cavity. The disagreeable sensations experienced in the early months of pregnancy result from the low position of the womb. During the first three months nausea and vomiting are likely to occur in the mornings, and may generally be prevented or relieved by taking before getting out of bed a little light food with a cup of weak tea or black coffee, or a glass of milk, to which two tablespoonfuls of lime water have been added.

The womb in its lower position is liable to press against the lower bowel and cause serious trouble by producing constipation. From this, serious effects often result. The enlarged and hardened lower bowel presses the womb forwards, obstructing the passage of water which is effected only with difficulty and pain. The pressure also obstructs the flow of blood in the veins, producing congestion in the lower bowel, which causes piles.

In all cases of constipation the blood and entire body are more or less poisoned by the absorption of the waste which is retained. The way to avoid all this is to take especial care at that time to secure a regular free daily movement of the bowels, the methods for doing which have already been pointed out.

The Breasts. During pregnancy the breasts are gradually being prepared for their office in furnishing nutriment for the child. Care should early be taken to assist this process. The clothing should be loose and not allowed to so press upon the breasts as to prevent

their enlarging and rounding out. If the nipples are somewhat flat, they should be pulled out gently each day with the fingers. At the entrance upon the last month of pregnancy a beginning should be made at hardening the nipples, in order that they may not be too tender when the child begins to nurse, and that fissures and cracks may not form in them. For this purpose should be applied to them each morning, with absorbent cotton, a mixture of one fluid ounce of glycerite of tannin with one fluid ounce of pure water.

Some care is necessary to prevent

Miscarriage. the possibility of miscarriage.

When the usual times for menstruation approach, the danger is greater, for the habit, acquired by the body, of discharging the contents of the womb at these times may have some effect even in pregnancy; so especial care must then be taken to avoid violent exertion, particularly any unusual lifting. Excessive grief, or shock to the system, is dangerous, and should be avoided if possible. If the woman has had a previous miscarriage, still greater care is necessary.

If there is the least reason to fear a miscarriage, Lydia E. Pinkham's Vegetable Compound should be taken regularly. This medicine strengthens the walls of the womb, quiets the first approach of pain, controls spasmodic contractions and brings about healthy conditions, thereby proving a reliable preventive of miscarriage.

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General Health.

The increased work which pregnancy imposes upon the physical system is naturally an added strain, and needs sound health and the best possible condition of the organs especially involved. To assist in this, the general tonic effect of Lydia E. Pinkham's Vegetable Compound, with its special action upon the sexual organs, renders it of great importance. It should be taken in liquid form, and when used regularly will prove an almost absolute safeguard against complications.

Another precaution is to avoid overdoing; the added strain upon the body makes it unwise to subject it to unusual efforts, which might not at other times prove harmful. Many women are constitutionally weak, and should be on their feet as little as possible, frequently resting themselves by lying down.

Diet.

The diet in pregnancy is of especial importance. The food taken should be nutritious, but not of a heating or stimulating nature. Fats and sweets should be especially avoided, and less meat should be consumed than at other times. A little lean meat, the best beef, underdone mutton, or chickens, are best when any meat is taken.

The principal articles of diet to produce the best results are grains and their products, such as good bread, vegetables, and all the fruits that can be eaten and relished.

The eating of those articles of food containing the mineral elements that build up the bony structure,

tends to make childbirth difficult and painful. If an easy time is desired—and who does not desire it?—avoid those articles of food such as beans, barley, rye, oats, and most meats, and eat much fruit and vegetables.

Exercise, Air, and Dress. Severe exercise and too hard work are hurtful to a pregnant woman, but light exercise and an active, cheerful life are of the greatest benefit. Plenty of sleep should be taken, and the woman should take a good rest frequently when feeling tired; but, so far as is consistent with this, she should be active, exercise regularly, and do much in the open air. The rooms in which she lives and sleeps should be thoroughly ventilated. Common sense should tell everyone that when the body has need to enlarge, as it does in this condition, the clothing should be easy and loose, and not bind or feel tight. A trim, slender appearance is not appropriate nor desirable at this time, and no attempt should be made to secure it in any degree.

Bathing. Next to the diet, perhaps the most important thing is the use of baths. These are very necessary, and should be taken at least once a day. A sponge bath is excellent, or rubbing the whole body with a wet towel, followed by friction with a dry one. Cool baths are refreshing, and prevent a feeling of heat and discomfort, which is likely to be very noticeable if they are neglected.

The best bath, which should be used daily, is what is called the sitz bath, or sitting in cool water. Bath-

tubs especially for this use are to be found in the best appointed bathrooms and bathing establishments, but for ordinary homes a tin tub designed to be used conveniently for this purpose can be bought, or an ordinary washtub can be tipped up and supported by bricks or blocks under one edge of the bottom, so that one can easily sit in it.

Begin with water at a temperature of ninety degrees; use it a little cooler every day or two, until for the last three months or so it is no warmer than sixty degrees. Sit in the water from three to eight minutes every day, rubbing dry and warm after it, and then lie down and rest thoroughly, taking a nap if possible. The best time for this bath is at about ten or twelve o'clock in the morning; if this time is inconvenient, take it just before going to bed at night.

A woman who has suffered much discomfort from pregnancy and childbirth will find these experiences altogether different, and hardly to be dreaded, if, next time, she follows these instructions as to diet and the cool sitting baths, and whenever she fails to get along right in any way, takes Lydia E. Pinkham's Vegetable Compound as directed.

CHAPTER V

DISEASES OF THE WOMB AND OVARIES—ULCERATION AND TUMORS

One of the most common and wearing ailments of women is falling of the womb.

Falling of the Womb. This is apt to be caused by any severe or long-continued strain, as from lifting heavy weights, reaching up for articles placed too high above the head, jumping violently on the hard ground or floor, excessive dancing, violent coughing, constipation, and suspending heavy skirts from the waist; also by tight-lacing, which presses the womb down.

The reason why strains have this effect is plain. The womb is intended to be held up in its place by strong muscles and ligaments. If these are weakened or over-strained in any way, so as to become unable to hold the womb in place, it sags down and produces an unnatural condition, causing a terrible dragging-down or bearing-down sensation, with constant discomfort and weariness.

Symptoms. Other symptoms of this trouble are a sensation of fulness around the lower extremity of the bowels; a dragging feeling in the groin; dull pains in the small of the back, which increase on exertion; difficulty in

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relieving the bowels; frequent desire to urinate, with difficulty in doing so; and painful menstruation. Naturally the patient becomes easily tired, and is much relieved by lying down.

Effect of Pregnancy. The increased weight of the womb during pregnancy causes an unusual strain upon the supporting muscles and ligaments, so that a pregnant woman should take special care to avoid falling of the womb. Sometimes the strain in giving birth to children, or the going about too early after childbirth, causes falling of the womb.

The mother should remain in bed for from two to six weeks after the child is born and take Lydia E. Pinkham's Vegetable Compound regularly. Its ingredients are the very best that could be prescribed to put the muscular system into excellent tone.

Nature of the Trouble. As the womb is out of sight what happens to it from want of muscular strength and tone may perhaps be better understood from a comparison with visible parts of the body which are liable to be somewhat similarly affected, but not with so serious results. Take the breasts, for instance. Look at the best paintings and statues, ancient and modern, representing the nude female figure, such as the famous old representations of Venus. The breasts stand out full, firm and rounded, needing no support. Compare, then, the pictures of the naked savages of Africa or other countries, which are sometimes seen in magazines and in books of

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travel. The breasts, often large, are apt to be pendulous, hanging down to the abdomen like elongated bags. In modern civilized countries, whilst the most healthy and vigorous girls may have breasts like the Venus, very many women need the support of stays that they may not approach more nearly the figure of the savage woman.

Another instance is that of the abdomen as a whole. Let a person of either sex grow extremely corpulent and allow the muscles to grow weak and flabby for want of exercise, and the entire abdomen is enlarged and sags down in a very conspicuous manner.

These are simply instances of the same thing which happens to the womb, and from the same cause—lack of muscular strength and tone.

Unless some sudden strain ruptures or disables a ligament, falling of the womb generally comes on gradually, and if taken in season there is little difficulty in curing it. Long-standing and severe cases require more time and patience for a cure, but can generally be greatly relieved, if not entirely remedied.

The first thing to be done is to remove all strain, even such as would not be injurious in a state of perfect health. Remove all pressure of clothing, hanging the clothes from the shoulders; keep the bowels open, Lydia E. Pinkham's Liver Pills being excellent for this purpose; urinate frequently; do not overwork; and take plenty of rest in a reclining position. If the muscles of your arm were lame, you would rest

them; the same should be done with other weak or lame muscles. Eat only easily digestible articles, but let them be nourishing.

Then for medicine take Lydia E. Pinkham's Vegetable Compound, and it will work like a charm. It is a wonderful tonic, especially adapted to the region affected, and will cause all the organs to draw up into place in a healthy manner.

Other Dis- Sometimes the womb does not
placements. fall much, the muscles and ligaments which hold it up remaining strong enough to keep it very nearly in its proper place, but some of them which support its upper portion give way, so that it is tipped either backwards, or, less frequently, forwards, and doubled or bent in a very uncomfortable manner. The same treatment should be given to these cases, and will prove equally effective.

Inflammation The womb, like other organs, is
of the Womb. subject to inflammation from various causes. One of the most common is an unhealthy condition of the blood; others are irregular and painful menstruation; and exposure to cold during the time of menstruation; also displacements of the womb, constipation, tight clothing, cold douches, and improper use of pessaries. When there is inflammation of the ovaries, it is liable to extend to the womb.

Symptoms. The symptoms of this inflammation are easily recognizable. There is a constant dull pain in the region of the womb; the abdomen swells, the parts

are very tender, and the weight of the clothes can scarcely be borne; there may be chills and fever, aching of the back and legs, and pain when passing urine; there is also a sense of weight which causes a straining, a burning heat, and a profuse discharge which will be mentioned later.

Treatment. It is essential in these cases to rest warmly and quietly in bed, and to place hot applications upon the abdomen. A good way to do this is by means of flannel cloths wrung out of very hot water. Eat but lightly, keep the bowels active by the use of Lydia E. Pinkham's Liver Pills or otherwise, and for medicine be sure to take Lydia E. Pinkham's Vegetable Compound, preferably in the dry form, with alternate doses of Lydia E. Pinkham's Blood Medicine, taking two doses of each every day.

The White Discharge. As has been said, inflammation of the womb causes a profuse discharge therefrom. This is similar to what happens when one takes a severe cold in the head. The womb, like the nose and throat, is lined with a mucous membrane. This mucous membrane, in both cases, when heated and inflamed, secretes a thick fluid which serves partially to relieve the heat. The discharge from the womb in these cases is much like that from the nose in a cold, resembling pus, mucous, gluey or watery, ropy, or resembling the white of an egg. Just as this secretion in the head may become chronic, if neglected, in which case it is called catarrh; so, if neglected, the discharge from the womb becomes chronic. Single women may be

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affected in this way, but married women are likely to be so more constantly.

The effect of a continued discharge of this kind is to make the patient pale and emaciated, with eyes dull and heavy, circulation poor, and stomach and bowels deranged, having pains in the head and back, also bearing-down pains. She becomes melancholic, having "the blues," and is often unable to have children until the disorder is cured.

Treatment. In treating this disorder it is essential to strengthen and build up the whole system and restore the mucous membrane to a healthy condition. For this purpose take Lydia E. Pinkham's Vegetable Compound in accordance with the directions on the package; it serves as a splendid tonic, and also acts directly upon the generative organs, and will strengthen them. The Liver Pills should be used to aid Nature in bringing about a free movement of the bowels daily. A douche has much to do with relieving this condition, and should be used daily, preferably at night, just before retiring. Thoroughly cleanse the passage with a douche of warm water in which there is an antiseptic—either borax or saleratus (if these are not obtainable Castile soap will do), following this with an astringent medicated douche of Lydia E. Pinkham's Sanative Wash, prepared according to directions on the bottle or package.

When the discharge is not chronic, but attendant upon an acute attack of congestion of the womb, the douches recommended, in connection with the

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treatment directed for the inflammation, are sufficient.

Pruritus or Itching. The discharges from an inflamed mucous membrane, of which mention has just been made, are of an irritating nature. In the case of a cold in the head, they commonly produce raw and sore nostrils. In case of the like discharge from the womb the external organs of generation are apt to become so irritated that an intense itching torments the patient. Whilst the itching is often caused by this discharge, it may also be due to other similar causes, such as ulceration, impure blood, uncleanness, kidney and bladder troubles, or the disturbances sometimes incident to the "Change of Life."

Consequences. When this itching becomes severe and almost intolerable, it is likely to produce the most deplorable results. Besides inducing serious mischief from attempts to relieve it, it may so work upon the nerves as to cause sleeplessness, hysteria, despondency, and chorea or "St. Vitus' Dance."

Whilst, then, this condition is rather a symptom of the ailments which produce it than a distinct disease, it is important to relieve it as promptly as possible. The best and only permanently effective treatment is the removal of the causes; but, meanwhile, temporary palliatives for the condition itself become necessary.

Perfect cleanliness is essential.

Treatment.

The parts affected should be bathed three times a day with hot water, and after each bath a lotion, such as cold cream or vaseline, should be applied. Sitz baths should be taken frequently and douches twice a day, as directed for the white discharge. The diet should be ample and nourishing, but highly seasoned foods and all kinds of stimulants or exciting drinks should be strictly avoided. Change of air is beneficial.

The Vegetable Compound should be taken regularly in the dry form, with alternating doses of the Blood Medicine as directed in the case of the white discharge. If any other causes produce or contribute to the itching, every effort should be employed to remove them by proper treatment.

Ulceration of the Womb.

Continued or neglected inflammation of the womb is apt to produce ulceration; indeed, when the conditions are especially bad, ulcers may form without much preceeding inflammation. An ulcer is defined in medical terms as "an effect of an inflamed process, in which the inflamed tissues degenerate," forming an open sore with a discharge of bloody mucous or pus. There may be various degrees of ulceration; where it is slight the symptoms may not be marked; but when the mucous membrane of the womb becomes extensively congested and inflamed and ulceration follows, the discharge is profuse and the condition quite painful. Such an open sore drains the strength, impoverishes the blood, and is

attended with severe pain in the back, bearing-down pains, and general nervous disorders. Walking is difficult, and menstruation is likely to be excessive with women affected in this way.

One thing to be considered in these cases is that the cause may not be altogether local. Whilst there is necessarily some cause, possibly slight, why the ulceration occurs in one place rather than another, it may be due to impure blood or some unhealthy condition which might cause eruptions, boils, abscesses, or ulcers in almost any part of the body. On the other hand, the trouble may be almost entirely local.

But in all cases the general health is quite certain to be affected, and the first thing to be done is to build it up. Eat plain and nourishing food, exercise moderately, and keep in the open air as much as possible. If circumstances permit, a change of air and surroundings is likely to be of benefit. Take Lydia E. Pinkham's Vegetable Compound in alternate doses with her Blood Medicine, keep the bowels open, and take douches twice a day; following, in short, the same course of treatment directed for the white discharge.

The Vegetable Compound will afford the best means of restoring to health the organs affected, and will tone up the entire system, whilst the wholesome living and the Blood Medicine will produce good blood and build up the general health.

In most cases of ulceration a speedy cure cannot be expected, and long-continued persistence in the best treatment, as above indicated, is necessary. Such

cases are too serious to be cured without much patience; but, in the end, recovery may confidently be anticipated.

Tumors. The womb and ovaries are parts of the body where diseased growths or tumors, and even cancers, sometimes occur. If it is certain that the unhealthy growth is a cancer, consult the best medical skill at once, and do not attempt to deal with it otherwise, for this is a frightful disease which usually baffles even the best surgeons. But remember that many, many growths have been called cancers which were, in reality, only ordinary tumors.

These are indeed bad enough, though they do not have the malignant characteristics of cancers. Yet tumors are often dissolved and expelled when early discovered if proper treatment is adopted.

Symptoms. Tumors usually come at some time in middle life. The symptoms are very much the same whether the growth is in the uterus or in the ovaries. One of the most common symptoms is enlargement of the abdomen, with excessive menstruation. Between the menstrual periods there is often a watery or discolored discharge, and dropsy or pregnancy is apt to be suspected from the increase of size. The pressure on the bladder and lower bowels may cause constipation and retention of urine, and severe bearing-down pains and pains in the region of the ovaries and in the legs are likely to be felt.

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Surgical Treatment. In extreme cases, and when the tumor has been allowed to become extremely large, it may be that nothing but surgical treatment will be effective. But this is a dreadful necessity, and in many cases surgical operations are submitted to when not necessary. Some medical men have been altogether too ready to resort to the knife, though there are signs that this is becoming less common. In many cases the ovaries, the most essential organs of womanhood, have been needlessly removed, often leaving the woman a pitiable invalid for life.

Medical Treatment. The important thing is to discover the tumor in its first stage, while medical treatment is sufficient. Whenever a case has not become almost desperate, the correct course is to try first the use of Lydia E. Pinkham's Vegetable Compound. This establishes a better circulation through the womb, relieves the congestion in the surrounding parts, and gives strength and tone to the smaller blood-vessels, controlling the hæmorrhage and reducing inflammation.

Frequently it causes the tumor to diminish in size and finally disappear, thus preventing the necessity of more heroic treatment. When it does not do this, it forms the best preparation for a surgical operation on account of the strength and health which it brings to the organs involved. If there is a tendency to excessive menstruation, the Vegetable Compound should be used in the dry form. In all cases the

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bowels should be kept open, and the skin kept in a healthy and active condition by frequent baths.

This is an ailment very prevalent, and the causes are many. **Inflammation of the Ovaries.** Some of the most important are congestion of the organs at the menstrual period, sudden colds, getting the feet wet, excessive dancing, suppression of menstruation, and blood poisoning. In this disorder there is always tenderness in the region of the diseased ovary; severe pains to right and left of womb, extending backwards, which are increased by walking or riding; fever, chills and nausea.

Pains of a dull, dragging, heavy nature start from the ovary and pass down to the groin; and when the person affected is standing, there is apt to be an inclination to rest one foot upon the other to relax the muscles and bend the thigh. All symptoms will be aggravated by the menstrual flow, and this period will always bring on pain.

The following treatment will be found successful in a great majority of cases. **Treatment.** Patience and perseverance count for much, as a cure can only be brought about slowly, and time will be required to restore the general health. As motion irritates the inflamed parts, keep as quiet as possible, lying down most of the time. Hard substances in the bowels may press upon the ovaries, so the bowels must be kept open; it is well to paint the abdomen over the ovaries with iodine to reduce the inflammation, and

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the application of dry heat and vaginal douches will also help. Lydia E. Pinkham's Vegetable Compound should be taken daily to relieve the congestion, inflammation and pain.

By following these directions, many absolute cures have been made. Inflammation of the ovaries should never be neglected; these organs are not readily reached for local treatment, and inflammation, if neglected, may be followed by ulceration, in which event there is the possibility that surgical operations may become unavoidable. The inflammation is also likely to extend to the passages leading from the ovaries to the womb, producing great mischief, and perhaps causing sterility.

CHAPTER VI

HYSTERIA AND NERVOUS DISEASES

Everyone is familiar with the effects of nervous weakness, or what is popularly called nervousness. When a person is startled easily, is disturbed by every slight noise, interruption, or annoyance, fretful and complaining, fidgety or trembling, shaky and unsteady, she is probably suffering from weak or disordered nerves.

Many things may wear upon the nerves, but few things impose a harder strain upon them than the various disorders of the female system. Women seriously affected by such disorders are in danger of becoming nervous wrecks and falling into chronic invalidism by reason of nervous failure.

Pain, when long continued, shatters the nerves; many women after each monthly period become as nervous as if they had an attack of some disease. Inflammation and congestion wear upon the nerves, and when the organs of sex, especially sensitive and intimately connected with the nervous system, are inflamed and congested, the mischief to the nerves is especially great. It makes a great difference what part of the body is thus affected. A part which is not particularly sensitive may become inflamed with-

out causing so much distress; but if anything irritates the eye, for instance, but little is required to produce exquisite torture.

Besides these nervous strains, there is what might be called nerve-starvation. In such cases the blood is impoverished, and fails to feed the nerves properly, the thousands of nerve threads in the body shrivel and waste, and the pain they give is really a cry of hunger. The tonic properties of Lydia E. Pinkham's Vegetable Compound cause it to relieve depression of the nerves and restore the blood to a condition where it will properly feed the nerves. If the nerves are worn out from the strain on the nerve centres, caused by local female disorders, Lydia E. Pinkham's Vegetable Compound will, by effecting a cure of these disorders, remove the cause of nerve troubles. So, in a large proportion of nervous troubles, a faithful use of this medicine will bring about a cure.

One troublesome effect frequently produced by weak or disordered nerves is sleeplessness. Continued sleeplessness is intolerable, and generally ends in insanity, but there are all degrees of this trouble, and few there are who have not at times suffered from

it to some extent. Almost any-

Sleeplessness. thing which unduly excites, tires, or injures the nerves may interfere with sleep. Mental excitement, worry, overwork, excessive physical fatigue, indigestion, or imperfect action of the liver, derangements of the sexual organs of any kind—these are prominent causes of sleeplessness.

As often as not, sleeplessness is manifested by inability to fall asleep readily; the excitement of the nerves proper to a waking state persists when sleep is sought, and one tosses wakeful for hours. Another form is an unsound sleep, where the slumber is so light that the sufferer is hardly conscious of having fallen asleep at all. Again, a person may be waked by the slightest causes, or be unable to fall asleep again after sleep is once interrupted, and sometimes one becomes wide awake extremely early in the morning.

Whatever the form, sleeplessness is a purely nervous trouble, and can be remedied only by restoring the nerves to a proper state. Many temporary expedients are recommended, but none of them are very certain in their effects. It is well to endeavor for an hour or two before bedtime to avoid all excitement, and be as calm and peaceful as possible. Sometimes an evening stroll, with a cup of warm beef-tea or meat extract at bedtime, is helpful or a warm bath when preparing for bed. Plenty of fresh air is desirable. But the chief thing is to restore the nervous system to health, for which follow the instructions above given for nervousness.

Headache. Headache is an affection of the nerves, to which some women are very subject. It may accompany almost any female ailment, in which case it is cured by curing that ailment. Headache takes various forms; sometimes it is a dull ache across the forehead or the top of the head; sometimes it is called mi-

graine, or pain over or in one or both eyes; sometimes it is called neuralgia, with sharp stinging pain over the eyes and temples. Some causes are more apt to produce one of these forms, some to produce another; but there is no absolute line between them, and it is hardly necessary to distinguish.

Possibly the most common causes of headache are female disorders, indigestion, and eye-strain. After relieving in any appropriate way the immediate attack, to effect a permanent cure by removing the latter cause requires a special treatment; for the other two, Lydia E. Pinkham's Vegetable Compound is the proper remedy; it contains ingredients which act specially upon the digestion, as well as upon the generative organs. Follow the directions given under the various disorders mentioned herein.

Unlike headache, neuralgia may
Neuralgia. affect the nerves almost anywhere.

The word means nerve-pain; when it gets settled in the nerves of the face it might appropriately be called nerve-torture. It has the same causes as other nerve ailments. Often the immediate cause is cold, especially a damp cold, against which the garments do not afford sufficient protection. Back of this is some impairment of the nerves which renders them susceptible to such affections. This often comes from some disorder of the sexual organs.

Girls seldom suffer from neuralgia before menstruation begins, but among the disturbances which may attend the establishment of the function is a dreadful neuralgic agony. In later years, neuralgia

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may come from pregnancy, too long-continued nursing of children, excessive menstruation, hysteria, impairment of the blood, tumors, and other disorders which sap the nervous strength. When a woman's hair turns grey early, that is likely to be due to lack of nerve strength, and such women usually suffer severely from neuralgia.

Symptoms. The symptoms of neuralgia are quite distinct. At first the skin feels numb, and the hands and feet are cold, indicating faulty circulation; then comes a slight, short pain, which stops and starts as though beating time, but always grows more intense; finally, the waves of pain seem to crush, and hammer, and burn, or to dart like a red-hot knife. As the attack subsides, you become sleepy. Long after an attack you feel bruised and sore.

Whatever the cause of neuralgia—but especially where the female organs are at fault—you will gain wonderful relief by depending upon the tonic and corrective virtues of Lydia E. Pinkham's Vegetable Compound; this remedy should be used faithfully and persistently until the general health is restored and the shattered nerves are comfortable. The bowels should be kept rather loose. Lydia E. Pinkham's Liver Pills are the best for this purpose, owing to their mildness. For nourishment it is advisable to use cod-liver oil, plenty of butter or oil, and rather fatty food. A warm sitting-room and a carefully ventilated bedroom are important; also plenty of sunshine.

Hysteria. Hysteria is beyond question one of the most puzzling ailments with which medical science has to deal, and at the same time one with which its unhappy victim is the least likely to obtain a due sympathy. The name comes from a Greek word meaning the womb. The ailment usually affects young women of from 15 to 30—most frequently of from 15 to 20—with whom the condition of the womb is almost invariably responsible. Luxury, over work in school, anxiety, shock, unhappy marriage, and grief, may be other causes.

Symptoms. Attacks of hysteria are usually preceded by restlessness, depressed spirits, and uneasiness and lack of self-control. Then comes a feeling as of a lump in the throat, and attacks of laughter; violent beating of the heart; the muscles of the limbs are thrown into spasms; the breathing is irregular; the cheeks are flushed, and the neck is swollen.

The various symptoms of hysteria may be referred to every function of the body, and thus medical men are often misled. Complaint is made of pain that does not exist, which ceases when the attention is diverted, but is increased by inquiry and sympathy. The breasts and abdomen may be extremely tender. Memory may be good, but judgment and the power to do any regular work are wanting. The shrieking laughter that turns to tears, the morbid appeal for sympathy, the frequent disregard of the truth—these and many similar symptoms are familiar to all.

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Spasms, convulsions, and fainting spells sometimes occur.

Treatment. Medical men often honestly admit that they can do little for hysteria, but Lydia E. Pinkham's Vegetable Compound acts so directly upon the womb, and has such tonic properties, that the use of it, if persisted in, is usually very beneficial. With its aid the sufferer may soon be able to exercise sufficient self-control to restrain hysteric actions.

The general strength should be built up by taking also plenty of nutritious food, the mind should be pleasantly occupied, the surroundings made as cheerful as possible, and plenty of exercise taken in the open air and sunshine.

Melancholy and "The Blues." One of the common effects of disorders of the nerves arising from any of the causes which have been named, is continued despondency and melancholy. Women are especially liable to be affected with this in consequence of disorders of the sexual organism. Young women seldom are affected in this way except as an after-effect of unusually severe menstrual disorder; married women not infrequently suffer from it during pregnancy, and in consequence of frequent and difficult child-bearing; but during "Change of Life" it is experienced more or less, probably, by most women. There are other causes, such as mental care and sorrow, insufficient food, exhausting illness of any kind, or anything that produces extreme nervous exhaustion.

Melancholy begins with frequent

Symptoms.

attacks of despondency—what are commonly called “the blues,”

which may in many cases be overcome by the use of Lydia E. Pinkham's Vegetable Compound, with proper rest and cheerful surroundings; but if it continues to grow upon the unhappy woman, her whole physical and mental system becomes overwhelmed with gloom, anxiety, and foreboding. Melancholic women usually, but not always, realize that there is no real cause for their sorrow and sadness, but cannot avoid the feeling that something terrible is to happen. While usually disinclined to talk, they can talk reasonably enough about anything else but their feeling of misery.

The bodily health shares the depression. The digestion is impaired, the flesh wastes away, constipation always occurs, the skin is dry, and the eyes grow dull and yellow. The sleep becomes scanty, broken, and restless. Do not neglect prompt treatment, because in severe attacks

Treatment.

actual mental delusions may occur; the most pitiful symptom of this worst phase is the suicidal tendency. A melancholy patient is best treated away from home—the familiar faces and surroundings seem to keep the morbid impressions active. The bowels should be kept open with Lydia E. Pinkham's Liver Pills, and food should be given in large quantities regardless of the apparent dyspepsia—not beef-tea or meat extracts, but nourishing, solid food—meat, eggs, and bread, with wine

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or malt liquor. The tonic treatment required is best supplied by Lydia E. Pinkham's Vegetable Compound, which assists the digestion, and at the same time exerts a powerful remedial influence upon the sex organs, which may be suffering in sympathy.

Melancholy, as has been said before, may reach such a degree as to amount to insanity. One form of insanity, called melancholia, is characterized by the deepest despair, and often by suicidal impulses. Insanity is a disease of the nervous system, of which the brain is the principal organ; and, as one might suppose from the fact that female ailments are a principal cause of other nervous affections; medical authorities agree that with women a very great proportion of cases of mental derangement or insanity depend upon disturbance of the higher nervous centres, caused by ailments of the sex organs. The disorder may arise from early menstrual difficulties, from pregnancy and child-bearing, from nursing, from the "Change of Life," and from diseases of the womb and ovaries. Most cases due to these causes occur between the twenty-fifth and forty-fifth years.

Of course, heredity and a number of other physical causes may affect the brain, but it should be an easy matter to decide as to the real cause when delusions appear in connection with any of the peculiarly female ailments. Medical authorities also agree upon the need of prompt, persistent constitutional treatment at the very first sign of sleeplessness, depression, and

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oddness; many a pitiful case may thus be prevented.

There can be no possible doubt but that the use of Lydia E. Pinkham's Vegetable Compound has nipped many a threatening attack in the bud, so to speak, by correcting the female disorder before it has created a dangerous condition of waste of nervous force. The tonic effect of this valuable remedy, in connection with a plentiful supply of wholesome food, is to nourish the system, storing it with new, rich blood to repair the wasting, ailing nerves. The woman is safe who has a healthy brain in a healthy body. It is well to remember that in most instances of threatened derangement fresh scenes and faces, cheerful surroundings, and relief from work and worry, will greatly aid in restoring health.

Anæmia is the name given to a very serious condition, quite frequently found, particularly in the case of young women, where the blood is impoverished in character or insufficient in quantity. Anæmia may be due to insufficient or improper food; to want of light, air, or muscular exercise; to rapid growth and development in girlhood; to the failure of menstruation to become properly established at the right age; to profuse discharges or hæmorrhage; to frequent child-bearing and nursing; or to the presence of chronic constitutional diseases to which women are subject.

Symptoms. Anæmia usually affects girls and young women. The skin is pale, soft and flabby, often with a tinge of dusky brown on the eyelids and on the back of

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the hands. The whites of the eyes become of a pearly blue, the gums grow colorless and the complexion pallid. The sufferer loses flesh and bodily strength and muscular vigor; feels languid, weak, sleepy, dull and depressed. She has pains about the body and head—often about the heart, with a tendency to fainting. The breath is short; she gasps and pants at the least exertion. The digestion is disturbed; there is nausea or sickness after meals, or on arising; constipation is always present. The menstrual functions are necessarily deranged, the flow is scanty and painful, and the white discharge generally appears. The course of anæmia is slow and progressive, and unless checked its duration is indefinite.

In anæmia caused by female complaints, Lydia E. Pinkham's Vegetable Compound provides the constitutional tonic required, and at the same time corrects the functional derangement. Recovery may seem slow, but it will be sure. Keep the skin clean with occasional tepid baths, take moderate exercise in the fresh air, and be careful to take an abundance of nourishing, easily digestible food. The tendency to constipation will be cured by Lydia E. Pinkham's Liver Pills. If the white discharge appears, it should be treated as has been directed in these pages.

	Whilst it may be necessary to take
Treatment	some laxative to correct the consti-
must be Tonic,	pation attendant upon this disease,
not Laxative.	such treatment by itself can never
	cure anæmia, but would rather
aggravate it.	Never depend upon any pill or laxa-

tive as a remedy for anæmia. What the body needs most is building and toning up, which is done by a tonic medicine like Lydia E. Pinkham's Vegetable Compound taken in connection with a generous diet, the aim being to make rich red blood in abundance, and to acquire vigor. Pills and other laxatives may have their necessary work to do in removing obstructions and clearing the way for something more positive and constructive, but they never build or tone up the body; on the contrary, they must necessarily of themselves have a more or less weakening and relaxing effect.

CHAPTER VII

DIGESTIVE DISORDERS

Indigestion is the effect of too great a strain upon the stomach and other digestive organs.

Indigestion. This may be caused by eating too fast, by eating too much, and by eating food which is difficult to digest, or by eating at improper times. All these things increase the strain. But the same mischief is caused when the strain is not too much for ordinary strength, by anything which makes the digestive process weaker than usual. Great care must be taken as to diet when one is weakened by illness, and when one is completely tired or fagged by hard work or other over-exertion; in the latter event it is safer to eat very sparingly or not at all if one would escape indigestion.

Indigestion is very closely connected with diseases and ailments of the female organs; partly because the exhaustion so caused renders the stomach and digestive organs unable to bear the ordinary work which they have to do, and partly because the organs are so connected together that disturbances affecting one set spread to the other, so that the latter are affected, as is said, sympathetically.

Dyspepsia. The digestive organs are also, like the sexual organs, very closely connected with the nervous system.

It is one of the commonest things for a disordered

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stomach to cause a severe headache, and vice versa. When indigestion is severe and continues for a long time, the nerves become so affected that we have what is called dyspepsia, which is partly a nervous complaint and partly a disorder of the digestive system.

Pepsin. Some persons when troubled with indigestion depend upon pepsin.

This is an animal product which takes the place of the digestive fluid that should be produced by the body of the person affected, and so facilitates digestion. It does not, however, in any way reach the cause of the trouble; it merely relieves for the time being, and the indigestion is just as likely to come again.

Treatment. For a permanent cure the cause must be removed. If there is any disorder of the sexual organs (and sometimes there is when it is not suspected), be sure to take Lydia E. Pinkham's Vegetable Compound. Besides curing these disorders, this compound contains ingredients which are of direct benefit in digestive troubles, even if not associated with female ailments. In all cases of lack of strength or when the digestive organs have been overtaxed in any way, great care must be taken not to overeat, and to eat only such articles as are most easily digested, to eat slowly, and to chew the food thoroughly. Fried food, rich soups and pastries are generally difficult to digest, and too much water or other fluids, such as thin soup, is apt to be harmful. Meat should be

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eaten not more than once a day, but eggs and milk are good, also nearly all kinds of fish. Many obtain benefit by drinking a cupful of hot water about half an hour before breakfast each morning. Remember not to overtask the mind or body; and when these are necessarily taxed, as by loss of sleep, anxiety, and grief, be especially careful to eat as lightly as possible, and of the most easily digestible food.

Indigestion is one of the chief causes of impure blood, and when it has produced this effect Lydia E. Pinkham's Blood Medicine should be taken to correct it. The organs of elimination, bowels, kidneys and skin, should be kept in a healthy and active condition in all cases using the means recommended in Chapter III.

Indigestion is almost sure to
Bad Breath. cause bad breath from the odors arising from the undigested food in the stomach and the gases belched up. Bad breath is very offensive to others, much more so sometimes than the person afflicted with it suspects. Cure the indigestion, and the breath will become sweet.

One of the most annoying effects
Flatulence. of indigestion is the generation of gas in the bowels. The food turns sour in the stomach, and generates gas in large quantities when it reaches the bowels. If this gas is retained it produces colic. Sometimes temporary relief is afforded by a hot drink or the use of aerated waters or laxative mineral water. Permanent relief can be had only by removing the causes. This can be done by care in eating, as before directed, being

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especially careful to avoid sweets, starchy food and fluids or water with the food, and taking Lydia E. Pinkham's Vegetable Compound, the Liver Pills (and where the blood is at all impure, the Blood Medicine).

Constipation. The necessity for a free action of the bowels has been repeatedly mentioned already, but its importance requires a few words more. In almost all cases of indigestion or female ailments constipation occurs, and the poisonous refuse of digestion is retained to poison the body. In bad cases nothing has been found to work so well as injections of large amounts of very warm water. Usually, Lydia E. Pinkham's Liver Pills and the ordinary laxatives already mentioned will prove sufficient. If there is any trouble of this sort, eat laxative food and exercise freely; long walks or horseback riding are excellent.

Impure Blood. Impurities in the blood poison every part of the body, and frequently cause the skin on its surface, especially the face, to break out in eruptions, pimples, boils, sores, and other disfigurements. The least that can be expected is a muddy, dark complexion, contrasting strongly with the clear, fresh skin of the healthy face of youth. Many serious diseases such as erysipelas, canker, scrofula, rheumatism and salt rheum, are believed to be caused by impure blood. The cause of impure blood is often indigestion and constipation; but some-

times there is an inherited predisposition which leads to it.

Take good care to follow all the directions given for digestive troubles, and then for impurities of the blood take faithfully a course of Lydia E. Pinkham's Blood Medicine. It may be a slow process to cleanse the blood completely, but no medicine is better for this purpose, and it will do wonders in time. It is a purely vegetable but powerful alterative, and may be taken safely by any invalid. The dose is small and the taste not unpleasant.

In connection with medicine and regimen, persons having impurities of the blood may hasten recovery by occasionally bringing on a profuse perspiration followed by a warm bath, or by the use of the Turkish Bath.

CHAPTER VIII

VARIOUS COMPLAINTS ASSOCIATED WITH FEMALE DISEASES

This chapter will be devoted to the consideration of a few ailments not peculiar to women, but which may have such an effect upon the sexual organism, or may be so affected by it, as to require mention in this work.

Bladder The bladder is located so near to
Troubles. the sexual organs that an inflammation or congestion in the latter is very apt to affect it, and vice versa.

When the bladder is inflamed, there is a dull ache, and a frequent desire to empty the organ, which is done only at the expense of a sharp, stinging, scalding pain. The swelling may be so great as to close the passages and cause retention of urine, so as to require the use of instruments. On the contrary, a nervous irritation may be produced which renders it impossible to retain the urine.

All these symptoms yield to the use of Lydia E. Pinkham's Vegetable Compound, which removes the inflammation in the whole region. Relief may also be obtained by taking hot hip baths, avoiding acid food and drink, and taking care that the bowels operate freely and regularly.

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Colds. A cold is a popular name for an inflamed state of the mucous membrane of the head, throat and chest, attended with catarrh or cough. It has already been explained how a similar affection in the lower portion of the body is to be treated. One of the chief causes of taking cold is a delicate constitution, or lack of strength to resist the effect of changes of the weather. Consequently sickly or delicate women are often especially liable to take cold. For them Lydia E. Pinkham's Vegetable Compound will prove a valuable medicine. Taken as directed, it tones up and strengthens the whole system. Then by air, exercise, good food, and plenty of sleep, fortify the system, so that it will no longer need medicine and can withstand all weathers.

If a hard cold is caught, keep the bowels open by taking Lydia E. Pinkham's Liver Pills; produce a free perspiration—a good way to do so is by placing the feet in hot water and wrapping up in blankets; and eat lightly until the effects of the cold begin to disappear. While recovering, take the Vegetable Compound, that its tonic effect may enable the catarrhal secretions to be thrown off, and vigor and spirit to return.

Kidney Diseases. The kidneys are essential organs for keeping the body free from impurities. If they should absolutely fail to work, death would ensue in a very short time. If they should become seriously affected, there should be no delay in securing the best

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medical advice to be had, and this should be implicitly followed. Such cases are too critical to be dealt with in any other manner.

There are, however, slight temporary disturbances of the kidneys, which if neglected may become serious, but which can be more easily overcome if taken in time. In pregnancy the kidneys are frequently disturbed. For this reason an examination of the urine should be made several times during pregnancy; if albumen is found to be present, the kidneys are affected, and that state must be remedied. To prevent this, and to cure it when the organs are but slightly affected take Lydia E. Pinkham's Vegetable Compound in the dry form. It will improve the general circulation and scatter congestion, brace up the nervous system, aid digestion and impart new energy and strength, so removing the causes of the disorder.

So, at other times, inflammation or irritation of the female organs may spread to some extent to the kidneys and effect them, and the cause can be so far removed by using the Compound for a short time that this trouble will disappear. Do not neglect the symptoms of a puffing under the eyes, swelling round the waist, and other disturbances caused by kidney complaint. In slight cases use the Vegetable Compound; if the trouble is severe or continuous call in a physician as you value your life. But the Compound often nips in the bud a kidney affection which would otherwise become dangerous.

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Dropsy. Dropsy is a swelling of the body from an accumulation of watery fluid in the tissues. Sometimes it results from kidney diseases. It also comes from anæmia or watery blood, stopping of menstruation, and the pressure of tumors. It is not always curable, but in many cases the use of Lydia E. Pinkham's Vegetable Compound will overcome it by removing its cause.

Pneumatism. Everyone knows what this distressing ailment is. It arises from the same causes as neuralgia, and from impurities or improper constituents in the blood. The Blood Medicine will serve to purify the blood; the Vegetable Compound will combat the neuralgic causes. In the treatment of rheumatism, rest and comfort of mind and body must be secured. Hot applications to the inflamed joint will lessen the pain. The diet should be quite light and of the most digestible form, and all red meat should be partaken of sparingly, or not at all. Milk is the best drink. No wine, beer, or tea or coffee should be drunk. The state of the bowels requires the most careful attention; constipation will be relieved by Lydia E. Pinkham's Liver Pills.

Obesity. Undue fatness affects both sexes, but women more frequently than men. In health, the fat should constitute about one-twentieth of the normal weight. Obesity is uncommon with the young, although there is a case on record of a girl weighing 182 pounds at the

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age of twelve years. Women sometimes become very fat after childbirth; and it is a rule that the fleshiness increases after the "Change of Life." Obesity must be regarded as a grave matter, since very fat people rarely reach an advanced age; usually they are quite susceptible to disease.

Obesity is often due to chlorosis—the disease commonly known as "green sickness"—and occasionally to anæmia, although the latter generally causes the opposite condition. The fact seems to be well established that increase of adipose tissue occurs only when the oxygenising power of the blood is deficient. This means that the red corpuscles of the blood fail to carry enough oxygen in the circulation to properly burn the extra fat, as healthy blood should do.

The red corpuscles are necessary to health, and one of the tonic virtues of Lydia E. Pinkham's Vegetable Compound is to revive and increase these tiny elements. Inasmuch as the accumulation of fat is due to an error in nutrition, also, this remedy is of value, through its tendency to correct the latter condition.

Heroic treatment, fasting, etc., is not always advisable, but over-eating should be avoided, and meals decreased in some way until the weight begins to diminish. Avoid fatty or starchy food; eat fish, soup, lean meats, poultry and eggs, cheese, green vegetables, and toast; do not drink tea, coffee, milk, spirits or beer. Cold baths and plenty of exercise are of great benefit. Constipation often accompanies corpulence; if so, Lydia E. Pinkham's Liver Pills will relieve the condition.

CHAPTER IX

LYDIA E. PINKHAM'S BLOOD MEDICINE

The Family Medicine. Throughout this book the use of Lydia E. Pinkham's Blood Medicine is recommended in connection with Lydia E. Pinkham's Vegetable Compound, and it might be thought from this that our Blood Medicine is suited only for diseases peculiar to women, but such is not the case.

Lydia E. Pinkham's Blood Medicine is as good for men as for women; it is also good for the whole family—parents and children—and it is the purpose of this chapter to point out the usefulness of Lydia E. Pinkham's Blood Medicine as a reliable blood purifier for all who need such a medicine.

Lydia E. Pinkham's Blood Medicine is a purely vegetable alterative tonic, recommended for debilitated conditions caused by impure or impoverished blood. An alterative tonic might well be explained as a rebuildler or repairer of the human system. It does this, first, by promoting assimilation; that is, it gives an appetite for food which results in the food being digested, enriching the blood and nourishing the body; secondly, by promoting elimination; that is, it assists the organs by which the body gets rid of

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and excretes the useless and harmful materials.

That This is a most common complaint
Spring and one of the surest indications
Feeling. for the use of Lydia E. Pinkham's
Blood Medicine. In the winter
most persons are kept indoors more

than they should be, on account of the cold weather. They do not get the supply of fresh air which they get in the warmer months, their rooms are often poorly ventilated and overheated, and they are apt to exercise less and consequently breathe less deeply and do not take into the lungs the amount of oxygen which is needful to purify the blood. They eat more food, and of a kind that is harder to digest, especially fat, which acts as a fuel to keep up the bodily heat.

So the digestion perceptibly becomes impaired, the bowels sluggish, and the body saturated with waste and surplus materials, the same as our furnaces, when they are filled with coal and the fires are pushed in extreme weather, become clogged with ashes and clinkers.

Now, when the warmer days come and the stimulation from bracing cold weather is lost, these effects become more noticeable; especially if the heavy eating and confined mode of living are not at once discontinued. You begin to have a tired, heavy, sluggish feeling; become bilious and are likely to have humors and eruptions on the face and other parts of the body. For this condition take Lydia E. Pinkham's Blood Medicine, one tablespoonful a half-hour before each meal.

Humors and Eruptions.

Humors and eruptions are among the most common indications and results of poor blood. They are very unpleasant and disfiguring, they give the face an unhealthy appearance, but usually they are not serious or dangerous enough to warrant consulting a physician. More serious results may come, however, at any time, from the impoverished state of the blood which they indicate. Good home treatment is necessary. Eat plain, nutritious and easily digested food and take Lydia E. Pinkham's Blood Medicine one-half hour before meals.

When eruptions and humors are at the worst, pimples appear upon the face, the complexion becomes muddy and dirty, the pores fail to clear themselves, and the natural oil of the skin solidifies in them and fills and clogs them. These accumulations collect dirt at the surface of the skin and show black, whence they are popularly called "blackheads." Thorough cleaning and washing with hot water and good soap (preferably sulphur soap), especially before going to bed, and provided the blood itself is well cleansed, will finally cause pimples and blackheads to disappear, and will clear a muddy, dirty complexion.

These eruptions on the face take various forms. Impurities of the blood sometimes cause a terrible itching, not only of the face but of the arms and hands; and, it may be, almost all of the body. Then it is hard to avoid scratching which aggravates and develops an eczema.

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One of these forms of skin eruption is called "salt-rheum"; it is relieved by removing the impurities which cause it. Lydia E. Pinkham's Blood Medicine should be taken to correct the cause of this trouble.

Boils and Abscesses. A boil comes from a local infection which the blood is not in sufficiently good condition to resist, and which almost always takes place through a hair follicle. Boils often come in "crops" of a dozen, more or less, one boil closely following another; sometimes there are several successive crops and the disease then becomes a very serious one. A single crop of boils may come from a series of local infections from the first boil; a succession of crops comes from distinct infections, showing that the blood is in such a poor condition that it cannot resist the abundant microbes which would have no effect upon a healthy person.

Painful as they are, boils do not extend below the skin, but there are similar inflammations and swellings which are much deeper seated, where pus forms and cannot readily be removed, sometimes not without a surgical operation. These are called abscesses. Sometimes an abscess forms in the ear, and such "risings in the head" are very painful and hard to deal with; occasionally they are so deep that they cannot be reached and may prove fatal. In order to prevent boils and abscesses, keep the blood in good condition by taking Lydia E. Pinkham's Blood Medi-

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cine in the spring or whenever you have reason to suspect that the blood is poor or impoverished.

A carbuncle is something like a very large, bad boil, but it has a core and is much more serious.

Carbuncles The trouble is more deeply seated and far more extensive. It indicates very poor blood and a bad general condition. It is often associated with diabetes, and a person who has a carbuncle should have a medical examination made to see if he has diabetes. A thorough course of treatment with Lydia E. Pinkham's Blood Medicine should be taken in order to restore the blood to its proper condition.

Felons. Avoid this painful affliction by keeping the blood in good order. (See Carbuncles.) When a felon comes, fight it in the same way, by purifying and strengthening the blood, as well as with the lancet which may be needed.

Scrofula. This term is applied to a persistent morbid general condition which lurks in the body and breaks out from time to time in inflammations and swellings of the glands in the neck, in inflammation of the bones and joints and in an inflammatory condition of the skin and mucous membranes, particularly the mucous membrane of the nose, where it causes catarrh and eruptions. The word "Scrofula" was originally used to describe a peculiar appearance of the neck caused by such enlargement of the glands.

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The disease was also called "King's Evil" from a popular belief that it could be cured by the King's touch.

Scrofulous glands in the beginning form lumps about the size of a pea, but often become as large as a walnut, or even considerably larger. In most cases they are filled with a cheesy material which slowly softens and is discharged. The open sores so formed are slow to heal and usually leave unsightly scars.

The tendency to scrofula seems to be hereditary and it is hard to overcome. It may lie dormant for years, and break out anew from time to time. Scrofulous persons are especially liable to tuberculosis. The blood is in very bad condition and lacks the normal powers of resistance to disease and its quality should be brought up by the thorough use of Lydia E. Pinkham's Blood Medicine. It may require a long, faithful, persistent course of treatment with the medicine wholly to eradicate so deep-seated an evil, and one so apt to lurk dormant when seemingly cured. But persevere, till your blood is in the most healthy state; scrofula is a perpetual menace so long as a vestige of it remains. Before discontinuing Lydia E. Pinkham's Blood Medicine have the blood examined by a microscope to see if it is actually restored to a perfect state.

Malaria. Malaria appears in various forms, some of which are well-known under the names of "Chills and Fever," "Fever and Ague," "Intermittent Fever" and

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so on. As it is most prevalent in the neighborhood of swamps and marshes and among the rank growths of tropical and semi-tropical countries, it was formerly supposed to come from some poisonous substance in the air or soil, or from some poisonous property in them, especially in the air or soil in the neighborhood of swamps and marshes and where there was much decayed vegetable matter. Hence it took its name, Mal-aria, from "bad air." It is now known that air and soil have nothing to do with malaria. It is caused by a microbe; not, like many other diseases, from a vegetable germ, but from a minute animal parasite, introduced into the blood by the bite of an infected mosquito. The reason it is so prevalent around marsh lands is because that is where these mosquitoes are abundant. It is not every kind of mosquito that can carry the disease, so there is good hope, by exterminating the dangerous kinds of mosquitoes, of abolishing the disease.

When one of these mosquitoes bites a person suffering from malaria, the immature forms of the parasites in the blood drawn, pass into the body of the insect, where they develop and mature in about twelve days. Then if the infected mosquito bites another person, some of the adult parasites are injected through the wound into the blood.

In the blood, unless it has sufficient resisting properties to destroy these microbes, they attack and destroy the red corpuscles, and so seriously impair the general health, even though the acute symptoms

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—chills and fever—may be more or less completely controlled by prompt medical treatment.

Malaria is cured by getting the blood into the best condition, which restores its red corpuscles and produces white corpuscles which destroy the parasites. Take Lydia E. Pinkham's Blood Medicine and make good blood to combat the microbes and to repair the ravages they have made before they were destroyed.



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If you have friends to whom the book would be of value, you can do them a favor by sending us their names and addresses on the enclosed card, for we will at once mail a copy to each of them.

LYDIA E. PINKHAM'S MEDICINES

THE PINKHAM MEDICINES ARE FOUR

Lydia E. Pinkham's Vegetable Compound

The original Pinkham Medicine and best known of all.

It has been on the market for over forty years and is put up in the following forms:

Liquid.

Dose—One tablespoonful every four hours through the day.

Dry (Tablets).

Dose—One tablet every four hours through the day.

Lydia E. Pinkham's Sanative Wash

FOR LEUCORRHOEA AND INFLAMMATION

Liquid, a concentrated extract, ready to dilute and use at once, the most convenient form. Use daily as a vaginal injection. Add one teaspoonful (in severe cases two teaspoonfuls) of the Sanative Wash to one pint of warm water, mix thoroughly and it is ready for use. (Can be had, if preferred, in dry form, to steep.)

Lydia E. Pinkham's Blood Medicine

FOR POOR BLOOD

We recommend this as a good blood medicine for either men or women.

Dose—One tablespoonful three times a day, half an hour before eating.

, Special directions for taking **Lydia E. Pinkham's Vegetable Compound** In connection with the **Blood Medicine**. Take two doses a day of each, alternately, i. e., in the morning take a tablespoonful of the Vegetable Compound, at noon a tablespoonful of the Blood Medicine; four hours later take the Vegetable Compound again, and in another four hours take the Blood Medicine.

Lydia E. Pinkham's Liver Pills

FOR CONSTIPATION

Dose—Take three the first night, two the second, and one the third; and unless there is a regular and healthy movement of the bowels, continue taking one every night.

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